

**Just had a baby?  
Get to a healthier you.**



[ChooseHealthLAMoms.com](http://ChooseHealthLAMoms.com)

# FREE AND EASY ONLINE PROGRAM FOR NEW MOMS:

FREE PROGRESS  
TRACKER AND TEXT  
MESSAGE REMINDERS

DEVELOPED BY  
POSTPARTUM EXPERTS  
AND MOMS

EASY TO DO,  
ANYWHERE  
ANYTIME



In pregnancy, you gain weight, your energy's sapped, and you don't feel as good about yourself as you'd like. This free, proven program, created by postpartum experts, can help you return to your weight before pregnancy, increase your energy levels, and make you feel better about you!

Get free support, a health tracker, and more. We're here to help you become a healthier, happier mom.

**ChooseHealthLAMoms.com**

Take the first step to a healthier, happier you.